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Column battle:
Choose your side in the debate on immigration to the U.S.



IOWA STATE DAILY



Flavors



Microwaved and fast food are often attributed as causes for an increasingly overweight American population. Try coming up with your own healthy creations instead to avoid excess calories and sodium. Photo: Rebekka Brown/Iowa State Daily

Go beyond microwaving

Cooking food from scratch can save money, calories

By Caitlyn Diimig
AmesEats Flavors Writer

The microwave was invented circa 1946. And although many consider it a godsend and a time saver, our waste lines aren't thanking us. Microwaving frozen foods have become the go-to for many family dinners. Unfortunately, frozen foods contain unwanted extra calories and sodium.

Back in the 1960s, when microwave technology hadn't yet been perfected, our waistlines were much tinier. According to the National Center for Health Statistics, men and women on average weigh 25 pounds more now than they did in 1960.

If your New Year's resolution



More food tips:
flavors.ameseats.com

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this year is to lose weight, then you should make your New Years resolution to cook more the way grandma did. Your first step should be to delete your favorite pizza and Chinese restaurants from your phone contacts.

If you're craving a pizza, they're easy to make at home. Plus, you usually skip the grease and save money. You can make your own dough or buy a whole-wheat, pre-made pizza crust. Skip out on store-bought pizza sauce as it's loaded with sodium. Make your own instead, using tomato paste and seasonings. Top with part-skim mozzarella and fresh veggies of your choice. Bonus points if the veggies come from your own garden. Instead of buying fast food

fried chicken, try roasting or grilling chicken. Skip out on fries and have fresh vegetables and fruit as a side. Go for fresh, as canned and frozen don't contain as many vitamins. Don't forget a tall glass of skim milk to wash all your healthy food down.

For lunch, don't rush to the nearest deli. Make your own sandwich, but skip the PB&J and get creative. Try an open-faced sandwich on toasted bread of your choice with goat cheese and slices of tomato. Or, take the left-over chicken from last night's dinner and make a chicken salad. Limit your dressing and add fruit. Grapes and strawberries go well with chicken.

Breakfast is the most impor-

tant meal of the day. It's typically skipped and even if it isn't, it still rarely gets the respect it deserves. Instead of hitting the snooze button twice and grabbing a cereal bar as you rush out the door, wake up early and treat yourself to a big breakfast. Make yourself whole wheat French toast. Kids in the 1960s used maple syrup, so I guess you can too. But use sparingly. Or try making yourself an egg burrito. Scramble eggs and place them in a tortilla with melted cheese and salsa. Give yourself extra points if it's homemade salsa — a great tasting homemade salsa is easy to make and can be used in lots of meals or as a snack. Dice up some tomatoes, green chilies, add corn, black beans and as much cumin spice as you like.

Don't just make this New Year's about losing weight; make it about getting back to the basics. Your waistline and taste buds will thank you.

CyRide

Council seeks ways to lower 2011 fuel costs

By Kayla.Schantz
@iowastatedaily.com

With fuel prices expected to increase, the city of Ames is looking for ways to minimize fuel prices for CyRide in 2011.

The Ames City Council will be discussing a proposal to use fuel contracts to purchase fuel for CyRide, in which CyRide would agree to buy enough fuel for a two-month period at a predetermined price.

Currently, CyRide purchases fuel every seven to 14 days and pays market price for the thousands of gallons of fuel. Under the proposed fuel contracts, the fuel expenditures would be more stable, which could reduce CyRide fuel costs.

CyRide would enter into a maximum of five fuel contracts of two months each during the year. This would account for 70 percent of the total CyRide fuel expenses.

The remaining 30 percent of the fuel would be bought on the market at a fixed rate, plus a markup or deduct on the market rate.

If the proposal passes, the contracts would be made with companies who propose the lowest fuel price.

The Ames City Council will vote on the proposal at 7 p.m. Tuesday night in council chambers at City Hall, 515 Clark Ave.

Jobs

Ames market expands with WebFilings

By Paige.Godden
@iowastatedaily.com

WebFilings, a company that claims it offers the first and only end-to-end solution for external financial reporting, will be bringing jobs to Ames. The company will be based out of Los Altos, Calif., and Ames.

The company received a grant from the Iowa Department of Economic Development.

Dan Culhane, president and CEO of the Ames Chamber of Commerce, said WebFilings and the city had to work together to get the grant.

"The way it works is the company makes the application, but the city has to sponsor it. You and I couldn't just go into the state house for money, there has to be some check and balance. The city has to say this is a company in our community that is sponsored by the city of Ames," Culhane said.

According to the news release, "This newly approved funding package expands upon previous grant and loan support that WebFilings has received from the State of Iowa and the Ames community; as well as employee training grants that are administered through Des Moines Area Community College."

LOS ALTOS.p3 >>

Politics

Republicans at odds over discrimination

By Tyler.Kingkade
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The Pigford and Cobbell class action settlements were passed in legislation that would provide funding to settle African-American farmers' and Native Americans' lawsuits against the federal government for past discrimination.

Thousands of farmers in the cases were denied to have their cases heard. It passed the Senate in the previous session and the House passed it Nov. 30 to move on to President Barack Obama. Then-House Speaker Nancy Pelosi called it "closing the door on an old injustice," adding, "We recognize that there are other discrimination cases that remain to be resolved, including women, Hispanic and Native American farmers. It is my hope these cases will come to a similarly just conclusion."

Rep. Steve King, R-I.A. offered an amendment to halt funding for the Pigford settlement, but was blocked by the Rules Committee. King said it's ripe with fraud, and spoke of the lawsuit being equivalent of their "40 acres and a mule," referencing to the Civil War era practice of providing essentials to some former slaves.

On the floor of the House, he used the example of a black man who leaves the farm for the city, gets in trouble and comes home to try to stake a claim in his father's farm to take part in "slavery reparations." However, the USDA addressed the concerns and said out of the 15,000 cases, only three were found to be fraudulent. King still wants the next Congress, when seated in January, to investigate potential fraud in the Pigford cases.

"This means that people who have never farmed and people who have never been discriminated against by the USDA will be receiving tens of thousands of dollars in cash and debt relief simply for having filed a false

FARMERS.p3 >>

Internet

Student fees fund Web speed boost

100 new access points will increase connectivity

By Karen.Jennings
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New wireless access points are in the process of being added in efforts to speed up the campus' wireless Internet services.

The addition of 100 new access points will allow for faster Internet usage for more devices and improve existing service for high-traffic areas. These efforts are part of a response to the campus's growing dependence on wireless communication.

New wireless access points will be installed beginning over Spring Break, said Jennifer Lohrbach, senior systems analyst for Information Technology and leader of the project.

Approximately 100 buildings on campus offer wireless access in one or more rooms, according to Inside Iowa State's website.

Some wireless spots on campus include Central Campus, the Memorial Union and the lawn between Parks Library and Enrollment Services Center.

The project will cost \$350,541 and will be funded by student computer fees.

The Computation Advisory Committee, a group of faculty and students, determines how the student technology fees are spent.

"The dollars are based on equipment, hardware, software, wiring and Ethernet costs based on a three-year cost of maintenance," Lohrbach said.

ACCESS.p3 >>



Graphic: Matt Wettengel/Iowa State Daily

Marketing

Students join StumbleUpon competition

By Tessa.Callendar
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StumbleUpon, a discovery engine created in 2001 and now with more than 12 million users, finds "the best of the web" by catering its results to each individual and loads Web pages unlikely to have been found using a regular search engine.

"StumbleUpon is a great source of entertainment and information," said Katie Gray, marketing communications manager for StumbleUpon.

"Whether you're looking for a quick break or to do deep research, StumbleUpon will open your eyes to new topics, ideas and media."

Gray also said the site is good for combating writer's block.

"If you're ever looking for a way to breathe some life into your paper, 'stumbling' can often help."

Due to the site's popularity with college students, StumbleUpon decided to host a nation-wide challenge called "Stumble to Spring Break" that started in mid-October; two Iowa State students are participating in the challenge.

Their team, "Expansion Pack 4: Growth

SPRING BREAK.p3 >>

Calendar

TUESDAY

Women’s Basketball
When: Jan. 11 at 7 p.m.
What: Women’s basketball, Iowa State v. Nebraska
Where: Hilton Coliseum

WEDNESDAY

Carillon Concert: Let Freedom Ring
When: 11:50 a.m.
What: A carillon concert in honor of Dr. King, with Dr. Tin-Shi Tam, ISU carilloneur.
Where: Central Campus

THURSDAY

Open forum
When: Noon to 1 p.m.
What: Open forum with Brenda Behling, assistant to the executive vice president and provost; and Charlotte Bronson, associate vice president for research.
Where: Pioneer Room, MU

THURSDAY

Retirement reception: Gary Osweiler
When: 3 p.m. to 5 p.m.
What: Dr. Osweiler is a professor in the department of veterinary diagnostic and production animal medicine.
Where: Alumni Room (2542), College of Veterinary Medicine



THURSDAY

Winter Escapes Art Short Course
When: 9:30 a.m. to 11:30 a.m.
What: Join Jo Myers-Walker of the Left Bank Studio in Gilbert, Iowa, as she teaches a series of nine classes on watercolors and her trademark slumping plastic that will surely help you beat the winter blues.
Where: Reiman Gardens

THURSDAY

Line to Tone: A Drawing Salon
When: 5 p.m. to 7 p.m.
What: Opening reception for “Line to Tone: A Drawing Salon,” an overview of student work. The show is open 8 a.m. to 5 p.m. Monday through Friday from Jan. 10 through 20.
Where: Gallery 181 and Lightfoot Forum, College of Design

Correction

In the Monday, Jan. 10 issue of the Daily Snapshot section, the photo incorrectly identified Mohammad Khan, senior in electrical engineering. The Daily regrets the error.

Daily Snapshot



Bookstore: Students search for new books

Nathan Brinkman, sophomore in agriculture studies, and Jaime Adams, junior in horticulture search for textbooks for this semester Monday at the University Bookstore at the Memorial Union. Photo: Huiling Wu/Iowa State Daily

Police Blotter:

Ames, ISU Police Departments

The information in the log comes from the ISU and City of Ames police departments’ records. All those accused of violating the law are innocent until proven guilty in a court of law.

December 16

Jennifer Garter, 20, 207 Stanton Ave., was arrested and charged with public intoxication. (reported at 10:16 p.m.)
Quentin Pendleton, 27, 3500 Grand Ave. unit 38, was arrested and charged with fourth- and fifth-degree criminal mischief and possession of a schedule 5 substance. (reported at 10:33 p.m.)
A fire extinguisher was discharged in a stairwell. (reported at 11:38 p.m.)
and charged with public intoxication. (reported at 1:03 a.m.)
Abby Hall, 22, 110 McDonald Drive unit 122, was arrested and charged with public intoxication. (reported at 1:08 a.m.)
Brandon Schechinger, 18, of Ankeny, was arrested and charged with public intoxication. (reported at 1:24 a.m.)
A body specimen was requested from a driver who was suspected of operating while intoxicated. (reported at 2:03 a.m.)
Amy Simmonds, 22, 1426 Mayfield Drive, was arrested and charged with serious domestic abuse. (reported at 2:24 a.m.)
William Vandyke, 23, of Iowa City, was arrested and charged with public consumption. (reported at 3:25 a.m.)
Officers assisted a resident who was reportedly highly intoxicated. The individual was transported by ambulance to Mary Greeley Medical Center for treatment. Officers later dealt with the person at 2:44 p.m. for the same issue; he was again transported by ambulance to the hospital for treatment. (reported at 3:57 a.m.)
Patrick Ross, 27, 4912 Mortensen Road, was arrested on a warrant, charging him with third degree harassment. (reported at 7:08 a.m.)
A staff member reported

receiving harassing correspondence. (reported at 11:20 a.m.)
Jared Jensen, 27, of Nevada, was arrested and charged with operating while intoxicated. (reported at 5:45 p.m.)
Seth Long, 19, 3304 Wallace Hall, was arrested and charged with possession of a controlled substance, possession of drug paraphernalia and underage possession of alcohol. (reported at 5:51 p.m.)
Jeffrey Moritz, 20, 121 Howard Ave. unit 100, was arrested and charged with possession of a controlled substance, possession of drug paraphernalia, and underage possession of alcohol. (reported at 5:51 p.m.)
Jonathan Peterson, 20, of Rochester, Minn., was cited for underage possession of alcohol. (reported at 5:51 p.m.)

December 18

Alyssa Smith, 20, 4912 Mortensen Rd. unit 413, was arrested and charged with operating while intoxicated. (reported at 12:57 a.m.)
Keaton Koehler, 21, 9128 Buchanan Hall, was arrested and charged with interference with official acts. (reported at 1:21 a.m.)
Andrew Weikel, 22, 9125 Buchanan Hall, was arrested and charged with public intoxication. (reported at 1:23 a.m.)
Andrea Anderson, 23, 4210 Lincoln Swing unit 13, was arrested and charged with public intoxication (second offense). (reported at 1:25 a.m.)
A vehicle driven by **Erik Ingram** collided with three signs and two trees. Ingram was transported by ambulance to Mary Greeley Medical Center for treatment. A body specimen was requested from the driver because he was suspected of operating while intoxicated. The incident remains under investigation and charges are pending. (reported at 1:59 a.m.)
An individual reported being

harassed by an acquaintance. (reported at 2:01 a.m.)
Patrick Chybowski, 22, of Lindenhurst, Ill., was arrested and charged with public intoxication, fifth-degree criminal mischief and fifth-degree theft. (reported at 2:08 a.m.)
Daniel Jason, 22, of Burnsville, Minn., was arrested and charged with public intoxication, fifth-degree criminal mischief and fifth-degree theft. (reported at 2:08 a.m.)
Shea Ridge, 23, 512 Hayward Ave., was arrested and charged with public intoxication. (reported at 2:09 a.m.)
Kevin Quinn, 29, of Nevada, was arrested and charged with public intoxication (second offense). (reported at 2:14 a.m.)
Anton Olson, 20, of Madrid, was arrested and charged with simple assault and public intoxication. (reported at 3:45 a.m.)

Eric Frischkorn reported damage to a vehicle mirror and windshield. (reported at 9:39 a.m.)
Fireworks found in violation of Department of Residence regulations were placed into secure storage. (reported at 11:57 a.m.)
Officers responded to a fire alarm that was caused by a broken water pipe. (reported at 12:43 p.m.)
Jeremy Whitefield, 22, of Gilbert, was arrested and charged with fourth-degree theft. (reported at 9:30 p.m.)
Lowell Stutzman, 24, 1525 Little Bluestem Court unit 52, was arrested and charged with driving under suspension. He was subsequently released on citation. (reported at 10:19 p.m.)

December 19

A vehicle driven by **Jonathan Freet** collided with a fence. (reported at 12:52 a.m.)

Celebrity News

Notes and events.

‘Wonder Woman’ TV series put on hold

It seems Wonder Woman isn’t so invincible after all: Plans for a revamped TV series starring the iconic superhero have been put on hold.
As Marquee previously reported, “Ally McBeal” creator David E. Kelley and DC Comics had been hoping to reboot the Wonder Woman franchise ever since the popular ‘70s TV show starring Lynda Carter went off the air.

According to Deadline.com, Kelley completed a pilot script and shopped it around to networks last week. Fox didn’t find it a good fit, while ABC is said to have passed because the network is run by Disney, which owns DC rival Marvel Comics. ABC already has several Marvel projects in development, including a “Hulk” series.

Meanwhile, the CW, which is owned by DC parent company Warner Bros., was interested in Kelley’s story about the Amazing Amazon but could not afford it. CBS was initially split on their decision but they ultimately passed.

Elijah Wood to appear in ‘The Hobbit’

After much speculation, it’s finally official: Elijah Wood has joined the cast of Peter Jackson’s two-part “The Hobbit” saga.

While that may be fantastic news for “Lord of the Rings” fans, it also has followers of the J.R.R. Tolkien book series scratching their heads, since Wood’s character, Frodo, doesn’t appear in “The Hobbit” novel and wasn’t even born when the action takes place.

The explanation is simple: According to Entertainment Weekly, Frodo will appear at the beginning of both “Hobbit” films, narrating his uncle Bilbo Baggins’ story from a memoir that Bilbo left behind.

That memoir is contained in a book that Frodo was seen writing in at the end of 2003’s “Lord of the Rings: The Return of the King.”

“The Hobbit” is scheduled to begin shooting in New Zealand in February. The films are currently slated to arrive in theaters in December 2012 and 2013.

‘Glee’ not doing Justin Bieber tribute episode

Justin Bieber fans are probably singing the blues now that “Glee” creator Ryan Murphy has denied rumors of an upcoming Bieber-based episode.

TVLine recently reported that the hit Fox series had planned to do a tribute to the teen idol on its February 15 show, with the cast singing several of the pop star’s songs. But Murphy tells the Hollywood Reporter it just isn’t so.

“Glee” is not doing a Justin Bieber tribute episode,” he says. “We are doing an episode where Sam [Chord Overstreet] sings a Bieber song to win Quinn [Dianna Agron] back ... and copies his hairstyle, etc.”

But, Murphy cautions, “It’s a small part of a big episode that has a lot of other things going on.”

What’s more, there will be fewer “Glee” tribute episodes in the future.

“We are not doing any more of those this season,” says Murphy.

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>>**LOS ALTOS.p1**

Culhane said he thinks the impact of the company will be threefold.

“This really puts Ames on the map as a place for information technology and software development,” Culhane said. “Because we have a world-class institution, it just gives me hope that there are graduates that may very well stay in Ames.”

Culhane said he believes Ames is “always trying to court companies that will employ graduates, grow the economy and grow the per capita incomes.”

He said giving young people who graduate from Iowa State the opportunity to stay in the

area is what makes Ames vibrant,” Culhane said.

“Young people is what makes Ames even more vibrant, I should say. It creates excitement and enthusiasm. I think you always want to keep the people who are adding vibrancy to the community,” Culhane said.

Culhane said that while Ames handled the recession quite well, it’s still his hope that the city will see an uptick in housing. In the news release, CEO of WebFilings Matthew Rizai said, “We sincerely appreciate the ongoing support we have received from the state of Iowa and the Ames community. We are ahead of our job creation projections and are very excited about the future growth opportunities for our Iowa operations.”

>>**FARMERS.p1**

claim,” King said.

Rep. Tom Latham, R-Iowa, who represents Ames, also voted against the measure. Rep. Leonard Boswell, D-Iowa; Rep. Dave Loebsack, D-Iowa; Rep. Bruce Braley, D-Iowa; and Sen. Chuck Grassley, R-Iowa, voted in favor, and Grassley praised the House’s passing of the bill.

“I had hoped to resolve these civil rights issues through the administrative

process,” Grassley said. “I knew that if we had to pass legislation, it would take years. As we’ve seen, the legislative process did take years, but these farmers who were wronged by our own federal government agency will now, once President Obama signs the bill, finally be able to plead their case in front of a neutral party and be judged on the merits.”

Approximately 75,000 black farmers filed their claims of discrimination through the Pigford consent

decree process past the deadline for their claims to be evaluated on the merits. As a result, thousands of victims of discrimination continue to be denied an opportunity even to have their claims heard.

Grassley worked to put in place a process where these farmers can have the opportunity to plead their case based on the merits.

He introduced legislation in 2007 and pressed for it to be included in the 2008 farm bill.

>>**SPRING BREAK.p1**

Collision,” is composed of Amanda Howell, junior in art and design; Emily Thomas, sophomore in pre-graphic design; and two college students from Texas that Thomas knows.

Both Howell and Thomas heard about StumbleUpon from their friends, and when Thomas heard about the challenge, she got her friends together to partake by informing and introducing as many people to StumbleUpon as possible while expressing their love for it in the process.

“This competition challenges students to utilize their organizational and marketing know-how to make an impact for StumbleUpon that can also be applicable to various professions they’ll undertake,” Gray said.

There are currently 63 teams composed of up to four students from more than 70 schools in the U.S., all participating in the challenge with the goal of trying to sign up the most people to StumbleUpon by the March 1 deadline. The team with the highest number of sign-ups greater than 5,000 will win the “Stumble to Spring Break” challenge and will receive a trip to anywhere within the continental U.S., with the hotel and flight being paid for up to \$5,000.

Additionally, those teams that sign up

1,000 people will automatically receive FlipCams for all of their team members and those that reach the 5,000 sign-up mark will all receive iPads. There are even prizes for those teams who use creativity in their approach to keep their users “stumbling.”

Both Thomas and Howell agreed the prizes are a huge incentive in getting people to sign up, but they also genuinely believe in the value of StumbleUpon.

“It’s like crack, and I’ll potato-it out for hours on the site, and I will get off knowing 80 more random cool facts,” Thomas said.

Howell loves that StumbleUpon has such an “enormous yet random knowledge base,” and really enjoys all of the random facts she learns.

“It’s just a great way to kill time while still being educational,” Howell said. “There are so many things you don’t realize are out there.”

Howell and Thomas both like stumbling upon photos. Thomas even uses the website when she wants to bake or be crafty, but doesn’t know where to start so she’ll search the topic and hit “next” until she finds something interesting.

“Our recommendation technology adapts in real time to your tastes, preferences, social connections and even moods,” Gray said.

“StumbleUpon also taps into an inter-

est network; unlike other recommendation sites, StumbleUpon compares your interests with those of like-minded users to serve you unique content that goes beyond what your friends might like.”

StumbleUpon offers nearly 500 topics that users may choose to indicate their interests and preferences, producing relevant content in each stumble; especially when you can “like” or “dislike” each website that appears so you will continue to get quality websites in the future. Therefore, when you stumble, you will only see pages that friends and like-minded stumblers have recommended.

“Expansion Pack 4: Growth Collision” — a name that was just as random as the things you can find on StumbleUpon — has a goal to reach at least 5,000 sign-ups. So far, they’ve focused on getting personal with people and sharing their experience with StumbleUpon as well as their newly acquired random facts, but hope to expand on their marketing tactics when second semester begins. To support “Expansion Pack 4: Growth Collision” in their endeavor, visit their Facebook page, sign up for StumbleUpon and check up on where you placed them compared to other teams in the running. And for those of you that are already avid stumblers, this is an opportunity to get your friends hooked while helping some fellow Cyclones in the process.

>>**ACCESS.p1**

“Taking care of software and Ethernet charges Information Technology Service needs to maintain,”

The purpose of the project is to tackle the points on campus that do not have wireless access.


The project will cater to students, who will be asked to take a survey in the second week of school. This survey will ask for feedback so that Information Technology can make sure they are not missing any part of campus.

“I think [wireless spots] should go on higher floors of buildings,” said Michael Cluney, junior in management information systems.


“It’s kind of a pain to work on your laptop, walk in a professor’s office and lose reception all together.”

With all the technology there is today, it makes it difficult to get wireless access points with speed, Lohrbach said.

“Users having two or three devices saturates what we have today,” Lohrbach said.



There’s more online:
For a map of wireless access points already on campus, visit [iowastatedaily.com](#)



Your feedback:
Where on campus do you think needs better wireless access?
[iowastatedaily.com](#)

“What we had two or three years ago isn’t keeping up with what we have today with [people having] two or three devices.”

Once the new wireless access points are installed, wireless service on campus will be improved.

“Coverage would increase by 15 percent on campus,” Lohrbach said.

“We make sure we are doing the right thing for students.”

In addition to adding wireless access to new places on campus, the project will also improve service at high-traffic areas.

“At Memorial Union, in one semester it had well over 100,000 unique devices,” Lohrbach said.

“One access point supports 20 to 30 users effectively and we have doubled that.”

Information Technology plans to be completed with this project by late April.



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Editorial

We won't put up with dangerous political rhetoric

We don't yet know the motives of Jared Loughner, the 22-year-old charged with one count of attempted assassination of a member of Congress, two counts of killing an employee of the federal government and two counts of attempting to kill a federal employee in the attack that wounded U.S. Rep. Gabrielle Giffords.

Most accounts paint him as an unhinged loner — a young man obsessed with government mind control, with a history of disciplinary problems and a tendency to display “nonsensical, disconnected thinking.”

He registered as an independent in 2006, and it's unclear whether he subscribed to any particular political ideology.

It's no secret that political campaigns contain plenty of unpleasant interactions. But there is a point at which “unpleasant” crosses a line — and Sarah Palin is that point.

Take Palin's “Take Back the 20” campaign. The phrase “We've diagnosed the problem ... Help us prescribe the solution,” accompanies a map with gun sight targets pinned to House Democrats who were up for re-election after voting for health care reform. One of the three bulls-eyes depicted on the state of Arizona was for Gabrielle Giffords. Was it supposed to be clever? Cute? Surely, Palin pushed the map as a call to arms — but did she intend for the “solution” to be so literal?

Now, it's entirely possible that Jared Loughner never saw Palin's “Take Back the 20” efforts — or her plea on Twitter to “Don't Retreat, Instead — RELOAD!”

And maybe he never read the Sierra Vista Herald's article about Giffords' 2010 congressional opponent with the headline, “[Jesse] Kelly places the crosshairs squarely on Rep. Giffords,” promoted on Kelly's website until late Saturday afternoon.

But whether or not Loughner saw these campaigns, for us to ignore the presence of so much gun-related rhetoric directed against Gifford, in light of Saturday's horrific events, would be foolish.

The fact that we as a society are not outraged by the violent rhetoric issued by politicians and pundits until we face the aftermath of a bloodbath, is a frightening reflection on each and every one of us.

Those in power must be responsible with the rhetoric they use — but we all must make the choice to take our debates to a higher plane of reason.

Dangerous rhetoric, whether a directly issued threat or a politically driven gun sight graphic, has consequences.

Let us take this tragedy as an opportunity to check ourselves, before we completely lose our ability to engage in spirited debate.

Editor in Chief

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Policy



Immigration is a hot topic for Americans today. Many people disagree on exactly what should be done to improve the American immigration situation. Columnist Arment and guest columnist Johnson sound off their differing opinions on immigration policy in the U.S. Courtesy photo: Thinkstock



Column battle: Immigration

Samuel Johnson: Drawing the line on immigration

The views expressed in this column are not that of the Iowa State Daily.

“Give me your tired, your poor, your huddled masses yearning to breathe free, the wretched refuse of your teeming shore. Send these, the homeless, tempest-tost to me, I lift my lamp beside the golden door!” — Emma Lazarus “The New Colossus”

What does it all mean? Should we allow third- world peoples into a country they can never understand or love? I would have to say no.

We have so many issues today with immigrants coming to the United States, legally or illegally, that our heads are spinning. Things like lack of employment and a financial crisis are far too difficult to bare when we are allowing hundreds of thousands of

new immigrants in our country every year. Along with that comes the difficulty of securing a border that yields a million illegal immigrants a year, and those are just the ones we know about.

One of the very problems facing this crisis is the fact many third-world peoples do not fully understand our freedoms or laws in this great nation.

Many come here and commit crimes claiming they do not understand our laws, and they get away with it.

In California alone it costs an estimated \$10.5 billion a year for illegal immigrants. This cost includes capture, shipping them back, welfare fraud, housing fraud and crime, just to name a few. In a state already beyond bankrupt, this certainly does not help the situation.

Many people argue that all people from any country should be allowed into the U.S. That is an ill-conceived argument. Let's take a look at European immigration. In Europe, there are a high amount of Islamic immigrants. Many of them making demands that Sharia — the code of law derived from the Koran — be put in place to accommodate them.

What does that mean for European countries? More importantly, what does that mean for America when there are enough Islamic peoples here asking for Sharia to be enacted? It means a Christian country will be transformed forever. When the U.S. Constitution was written and our declaration in place, there was no reason for it to read, “We the white

people.” The reason is that our founders never intended or even thought about a person of color being a citizen of our nation. If you look at many of the original state constitutions, a requirement to become a voting citizen was in fact being a white male. Why would that be a requirement if we were in fact meant to accommodate third-world individuals?

A huge problem with immigration is that we have politicians who like to interpret the Constitution as they see fit — anything for a vote it seems. Politicians are supposed to be the law makers that work for the people. Instead they have become power hungry tyrants who will do anything short of sodomy to stay in office.

Boxing gloves photo courtesy Thinkstock

Jason Arment: Who is at fault for the immigration “problem”?

Whether we like it or not, this country runs off of work from immigrants.

Looking at the Bracero Program that was used to conscript dirt-cheap manual labor from Mexico, it's pretty plain to see this is nothing new.

When this cheap labor becomes a nuisance, we get huffy about the presence of the immigrants, and we boot them out of the country.

Operation “Wetback” that followed the Bracero Program removed more than one million Mexicans from the United States in 1954.

This is the nature of the U.S.: Trying to have our cake and eat it too.

We don't like to think of the consequences of our actions. We want to pay next to nothing for food, clothes and other products that realistically should cost more.

When we pay these inexpensive prices, we don't think about how they are so low; we don't think about how either someone in the kitchen of the restaurant we are eating at is here illegally, being paid below minimum wage

under the table and receiving no protection from the government that would ensure they aren't being exploited.

When we buy a coat made in Bangladesh we do it without thinking of how the people that made it weren't paid a fair wage; and since it wasn't made in America, how it essentially means we've helped to send a potential source of income overseas.

It is easy to blame this problem on the immigrant, or on a person in some far off place. The problem lies with the entitled attitude Americans have. Instead of buying boots made in China, we need to buy boots made in a place the people that made them were paid a fair wage; even though the boots made in made in China may be more inexpensive.

We need to be conscientious of our purchases so we don't help send income sources away from our communities.

I have no problem with people immigrating to this country, no matter what country they come from. I welcome my brothers and sisters from other nations, I and hope they succeed while they are

here. I wish that businesses would stop taking advantage of those that cannot turn to the law when they are wronged because they are here illegally.

We bring our problems on ourselves. We don't give people practical, feasible ways to make it into this country legally, even though we need these people.

The bottom line is that it benefits many businesses — many of them that would be considered “big business” businesses — to have people in this country illegally in order to exploit them.

In 2006 Swift & Co. meat processing plants were heavily raided by law enforcement, a study of these raids by the Center for Immigration Studies estimated that almost a quarter of Swift's production workers were in the country illegally.

Until it is made crystal clear that the American public will not patronize businesses that do not keep income sources in their communities and will not patronize businesses that take advantage of people, this will continue.

As far as expecting people to assimilate into our society and

forget their own traditions, the argument is flawed. If American culture was a shining example of how to live, maybe I would be more of a nationalist. If you think someone doesn't understand our laws, clue them in; make friends with them.

If you want a better community you need to reach out to those around you. Sitting on your coach and demanding your community get better is akin to trying to have your cake and eat it.

When I say “you,” I am referring not just to the reader, but to myself. It's hard to hold myself accountable.

As a libertarian, it eats me up when I have to compromise: I received a gift made in a country that doesn't pay it's workers a fair wage; but as a poor college student, should I spend the money on getting another that is made in my community? Should I chance offending someone close to me when I don't use their gift to me?

The struggle is hard, but it lies on the individual. Everyone has a right to come here. America is not a country club, no matter how much it wants to think it is.

Media

Twitter drowns society in petty interests

By Darryl.DeLeon @iowastatedaily.com

I hate twitter. I hate the entire concept of it. It's a constant update of what anyone anywhere is doing or thinking at any particular moment. The worst part of it all is the most followed people on Twitter aren't people of any substance. Scanning the top 30 most followed screen names on Twitter, only two are news sources and President Obama ranks in at number 4. The most followed person on Twitter? Lady Gaga.

These posts consist of pre-show inspirational quotes, post-show comments, movie shoot updates or the ramblings of Kanye West.

The fascination with the site has turned users into news stories. In September Kelly Carter, a columnist for MTV, wrote an online article about John Mayer and how he decided to delete his Twitter account and moved onto blogging website Tumblr.

John Mayer deleting a Twitter account with 3.7 million followers became a news piece? And for what? He is a famous musician. He had a lot of followers.

He deleted his account, leaving behind such gems as "I love how some dudes hate me for dating their fantasy girl, as if they were going to if I hadn't," "this heart didn't come with instructions" and "you really get to know your pants when you travel."

We live in an age where we are obsessed with the idea of celebrity. The American Dream no longer is a rags-to-riches underdog story. Now, it's about having your face discovered, having your song heard on Youtube and your jokes read online. With one lucky break, anyone can reach their Hollywood fairy tale. When did celebrity become the new obsession?

People can memorize lyrics and movie quotes without question. But how much does anyone know what's going on around the world? I can honestly say I'm guilty of it. I've ignored policies and repeals with only a general understanding of what's going on. The extent of my involvement is voting in 2008.

But I'm taking the first step to educating myself, better late than

never.

Regardless, the idea of worshipping celebrity will take time to overcome. People open their own Twitter accounts and use this as a way to connect with their favorite celebrities. Perhaps by sharing one social medium with Justin Bieber, one can feel closer to Justin Bieber.

People become invested in the careers of their favorite artists - so much so that their successes become a fan's success. You contributed to their record sales, concert sales and box office. You could ask why these people obsessed with today's stars choose not to read stories of substance and instead choose to read Hollywood's latest update.

The truth is the world is scary. Constantly reading about war in the Middle East or Americans right to privacy being legally invaded is scary. It's safer to cloud your mind with information that is irrelevant than any matter of importance. But know the limits. Know there is so much information out there that needs to be read and understood.



Americans have become obsessed with technology, social media and celebrities. Columnist DeLeon believes these poor habits and shallow interests are dumbing down American society. Courtesy photo: Wikimedia Commons

Charity

Celebrities make caring a fashion statement

By Sean.Flack @iowastatedaily.com

Kim Kardashian was dead.

Well, I guess it's unfair to just focus on her. Justin Timberlake, Lady Gaga, Usher, Alicia Keys, and Elijah Wood were also dead. They weren't dead in the traditional sense, though. They were "digitally" dead, which means they'd given up Facebook and Twitter until poor schmucks like us raised a million dollars to help fight HIV/AIDS in Africa.

And that's all well and good, but why should these celebrities be panhandling people when each one of them could donate a million dollars themselves and still have enough money for their 20th ivory back scratcher.

How sad is our society that in order to care about a cause, celebrities have to hold not updating their twitter over our heads.

Maybe it'd be different if they were offering actual pieces of wisdom, but they're not. It's all shameless self-promotion and other indicators of a person with no hint of a personality. Here's

a sample tweet from Ms. Kardashian herself: "I am dedicating this day to my friends!! I have the most amazing friends EVER!"

Does it really matter if we lose tweets like that on the internet? If you go on any sorority girl's twitter I'm sure you could find the exact same material.

And what bugs me is the word they use: sacrifice. "Ryan Seacrest sacrificed his digital life to save real ones." More like Ryan's agent thought it was a good PR move. None of these people are saints, and I hope anyone who reads this doesn't think so either.

If these celebrities were such good people and so charitable, then they would cut out this ridiculous middle man and donate the money themselves.

Ryan Seacrest is worth 45 million dollars. And you know, I'm not asking these celebrities to donate everything and live in poverty, but Seacrest and his 22 year old girlfriend could

easily drop two million toward a cause.

Really, all of us should be cutting out the middle man as well. Instead of donating because it was essential to have Lady Gaga's tweets on hand, we should be donating money to the charities themselves. We should be finding out information about the cause and the epidemic, not deciding what trendy shirt size we should buy to show off our care.

And then there was also this idiotic meme going around Facebook where people were changing their profile picture to a thing from their childhood to raise awareness of child abuse.

"Wow, after seeing your picture of Doug Funnie, I am now aware that children are being abused. Thank you for showing me the light!"

Don't you realize how dumb that idea sounded? It's whatever if you're just showing everyone that you used to watch "Arthur," but if you legitimately thought you were making a dif-

ference by doing this, then you are delusional. It's all an exercise in futility.

When did caring become a fashion statement? When did charity become a trend? It's sad that every day children are being beaten and abused, and we were making light of the situation by changing our profile picture to Beavis and Butthead.

If you really care about raising awareness, go to www.endabuse.org, or www.childrensdefense.org.

And if you're donating money to stop HIV/AIDS, do some more research about it. Donating money to a cause you know nothing about doesn't make you holier than thou, it just means you're doing PR work for yourself. These are serious times and serious topics. Don't donate because of some Z-list celebrity or Facebook trend, donate because there are people suffering out there. Usher doesn't care, but you can.

Life

Vicious, exhausting cycle of being human is overrated

By Heath.Verhasselt @iowastatedaily.com

I'm tired, both physically and mentally. I'm tired of being human, I realized this the other day. I was literally trimming my nose hairs and starting to wonder, why am I doing this? Why do we even have nose hairs? This is such a waste of time! That started my thinking, its not even nose hair, it's everything!

Not only is it a challenge just to obtain social acceptance and live amongst the other humans trying to achieve some sort of harmony in the world, just being human is a challenge in and of itself.

Think about it, what if you were never tired again? We all sleep 6-9 hours every single night. Think of all the work you could get done, all the chores you could finish, all the books you could read, all the friends you could catch up with.

What about that tired feeling when we first wake up, in the late afternoon and before we go to bed. The agony of wanting nothing more than to crawl into bed and take a nap. If that by itself went away, I think I'd be a completely different person.

And while we're at it, there's a laundry list of things that I could do without. Sneezing, ears popping, all the aches and pains in your neck, back and feet that happen for some reason. What about itches, sleep in your eyes, and burping?


Let us not forget all the work involved in clipping finger and toe nails, shaving, and brushing your teeth. Some could argue that those last three don't actually need to be done, and I agree, but do you think you'd be accepted

very well into our modern society if you didn't do those three?

There is however, one thing that tops all others when it comes to being human and that is eating. The one thing that we absolutely have to do 3 or more times a day, or if you're a snack type person you literally have to eat all day. Think of all the time you spend thinking about food, what food you need to buy at the store, storing the food, preparing the food and then finally eating the food? Now I like the taste of good food as much as the next person, but I it would be such a small trade off in the end. Not only do you have to do all the things listed previously, but all the work that comes after. Not only am I talking about doing the dishes, but I'm talking about digesting food, taking Tums

when you've eaten too much of the wrong type of food, and then using the restroom when your body is done with it. This process is absolutely disgusting.

Now of course, some can and will make the argument that being human isn't about these things I've listed, and you're probably right. Being human is about enjoying life, having fun, and enjoying the little things. It's about making friends and enemies too. It's about falling in love, getting dumped and falling in love again. It's a vicious cycle that being human allows us to experience. I do wish however, that there was some way to only live out the good aspects of being human and try to get rid of some of the bad, but then we'd no longer be what they call "human".



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Commentary

Fans should tread lightly, surprising early wins may not carry weight

By Jeremiah.Davis@iowastatedaily.com

Raise your hand if you thought before this season that the ISU men's basketball team would be 13-3 at the start of the Big 12 season.

No one?

That's what I thought.

Fred Hoiberg's rookie season as coach of his alma mater has been nothing short of fantastic. Sure, they haven't played the toughest schedule, but that doesn't matter.

Hoiberg and his staff had their work cut out for them before the semester ended last spring. A mass exodus from the roster meant a ton of new faces and a group that hadn't really played together.

New transfers also meant a ton of talent on the scout team that just has to wait until next year.

The majority of Cyclone fans were looking forward to this season only because they could see their beloved Mayor on the sidelines again. Expectations of 10 and 12 wins came from many of the students I talked to.

"Just wait 'til next year, when Chris Allen and Chris Babb could play," they said.

Then the non-conference season happened.

Before the loss to Nebraska on Saturday, the Cyclones were 13-2, with their only losses coming in close games to Cal and Northern Iowa — games coaches and players believe they could have, and should have, won.

"I dwell on the losses," Hoiberg said. "I think we had a chance to go 15-0 [in non-conference play], but we didn't. We learned from it and we got better, and we continue to improve. And that's the great thing about this team."

They won the games they were supposed to win. Hoiberg had them prepared, and the players have bought into what the staff is trying to teach them.

As for the squad's chemistry, it appears to be just fine. With just seven players available recently, conditioning, not chemistry is usually a bigger issue.

The players think everything is coming together.

"I've got faith in my team," said senior guard Diante Garrett. "Because we have talent, and [we've] been working hard. If we just keep working hard I think it'll pay off for us."

Going forward, Cyclone fans need to approach this success with caution. Yes, it's a nice surprise that this team has overachieved so far. But while they have a tremendous drive and give great effort every game, that might, and probably won't, be enough in the heart of the Big 12 season.

Every minuscule detail will matter when playing the likes of Kansas, Kansas State and Texas. Staying out of foul trouble, rebounding, etc. This team has it's work cut out for it all over again, and fans shouldn't expect a 13-2 conference record.

I don't believe this fan base is that naive, but sometimes people become prisoner of the moment. Remember, last season Greg McDermott's squad was 11-4 entering Big 12 play and it ended up 15-17.

This group has a really good chance to surprise some teams, and I believe it will. When Kansas and Kansas State come to Hilton Coliseum, I think Diante Garrett and Co. will be a really tough out.

So tread lightly, Cyclone fans, when you give Hawkeye fans a hard time or when setting expectations. But if it gets rough, just remember, Hoiberg has this program going places. If he has anything to say about it, Hilton Magic will be back in full force soon.



Hoiberg



Garrett



McDermott

Women's basketball

Cyclones prep for Huskers

Both Big 12 teams hope to bounce back from opener losses

By Kelsey.Jacobs@iowastatedaily.com

Both Iowa State and Nebraska will attempt to avoid going 0-2 in Big 12 play as the No. 16 Cyclones host the Cornhuskers on Tuesday night.

Both teams suffered losses in their Big 12 openers Saturday, with the Cyclones (12-3, 0-1 Big 12) falling to No. 1 Baylor 70-58 and Nebraska (10-5, 0-1) going down to Oklahoma 70-50.

"We're both 0-1, and nobody wants to go 0-2 in this league," said ISU coach Bill Fennelly. "You've got to do everything you can to win at home."

Winning on the road Saturday was another story for the Cyclones, as they went scoreless for the first 7:55 of the matchup against the Lady Bears.

After the Cyclones got warmed up, they attempted a comeback with senior Kelsey Bolte leading the team with 21 points and sophomore Anna Prins contributing 15 points.

After the loss to Baylor, Fennelly said the team needed to reflect on what they could have done better, which included a better start.

"I think the challenge for our kids is when the game starts, it starts," Fennelly said. "The first four minutes or the first eight minutes of the game is not the warm up."

Ultimately, however, he told the team to leave the loss behind in Texas and focus on playing the Huskers.

"You can't lose to Nebraska on Tuesday because you lost to Baylor on Saturday," Fennelly said.

A win at home over Nebraska will be especially welcome, as two of the Cyclones' five Big 12 losses last season came at the hands of the Huskers.

Nebraska was the only team to beat the Cyclones at Hilton last year.

The last time Iowa State faced the Nebraska, the Cyclones played without their starting point guard Alison Lacey.

The team's three replacement point guards only scored a combined nine points and turned over the ball 10 times.

Husker Lindsey Moore aided the Nebraska win as she scored 18 points as a freshman against the Cyclones.

"Lindsey Moore is back [this



Coach Fennelly talks with Jessica Schroll after pulling her out of a play during the Iowa State-Columbia game Dec. 11 at Hilton Coliseum. The Cyclones defeated the Lions 73-27. File photo: Rebekka Brown/Iowa State Daily



Fennelly



Bolte

Nebraska also has some new blood for the Cyclones to look out for in the form of Jordan Hooper, a 6-foot-2 freshman who is averaging 15.7 points per game. Among Big 12 players, Hooper ranks 12th in scoring.

Despite the challenge the Huskers will bring for the Cyclones on Tuesday, Fennelly said the team is excited and ready to go.

"I think we'll be ready to play," Fennelly said. "It's always fun to play Big 12 basketball in Hilton and we'll get that chance on Tuesday."

The Cyclones will take on the Huskers 7 p.m. Tuesday at Hilton Coliseum.

	VS.	
Iowa State		Nebraska
(12-3, 0-1)		(10-5, 0-1)

Where: Hilton Coliseum

When: 7 p.m. Tuesday

Media coverage: Daily writers Dan Tracy, Kelsey Jacobs and David Merrill will be chatting live during the game.

Notes: Both teams enter 0-1 in Big 12 play.

Nebraska Freshman Jordan Hooper ranks fifth in the Big 12 scoring 15.7 points per game.

Men's basketball

Iowa State steps it up for Kansas



Diante Garrett goes up for a shot during the game against Texas Southern on Dec. 12 at Hilton Coliseum. Garrett and Scott Christopherson led the team with 16 points each. File photo: Tim Reuter/Iowa State Daily

Team remains confident after close loss to Nebraska

By Chris.Cuellar@iowastatedaily.com

Going into Iowa State's game at Nebraska, coach Fred Hoiberg felt his team could have been 15-0. The Kansas Jayhawks are 15-0.

Hoiberg is doing his best to restore a once proud tradition of defending the ISU home floor, known as Hilton Magic. The No. 3 Jayhawks defend their home, Phog Allen Fieldhouse pretty well. They've won 68 straight in their friendly confines.

The Cyclones don't think losing at Nebraska on a last-second free throw Saturday was indicative of who they are, but it will take a supreme effort Wednesday.

"We're going to have to play almost a perfect game to come out with a win," Hoiberg said. "I was fortunate enough to be a part of four great games against Kansas at Hilton Coliseum and there is a little history to it. They're always ranked in the top 10 coming in here, and I think them and Duke are the two best teams in the country right now."

Diante Garrett, meet Josh Selby

If a point guard's job is to create offense, Diante Garrett and Kansas' Josh Selby are both pretty good at what they do. The superficial similarities end there, as Garrett is halfway through his senior season and hasn't missed a start since his freshman season.

Diante Garrett vs. Kansas

ISU senior guard Diante Garrett's performances in six games (four starts) against the Jayhawks.

- 1/23/08 - 3 pts, 0/4 FG, 1 ast, 2 t/o
- 2/27/08 - 6 pts, 2/5 FG, 6 ast, 0 t/o
- 1/24/09 - 2 pts, 0/5 FG, 4 ast, 4 t/o
- 2/18/09 - 4 pts, 2/9 FG, 5 ast, 3 t/o
- 1/23/10 - 0 pts, 0/5 FG, 8 ast, 5 t/o
- 2/13/10 - 10 pts, 3/7 FG, 4 ast, 3 t/o
- Totals - 25 points, 5/35 FG, 28 assists, 17 turnovers

Selby had a nine-game suspension from the NCAA to start the season after being highly recruited out of high school, and has been lighting up the scoreboard since putting on a Jayhawk uniform.

"The kid's got a heck of a stroke, he's a big-time talent and he's very good with the ball," Hoiberg said of Selby, widely considered to be an NBA draft pick after the season.

Garrett finally has the numbers and experience to indicate he can handle Selby. The lone four-year player on Iowa State's roster is averaging a career best 17.1 points per game and is adding 5.8 assists per game.

"He's a good player, and he started off in the first game just excellent," Garrett said. "Everybody was expecting him to do well and he just came out and did his thing. He's a real good player that can help Kansas get to a

HILTON.p7 >>

Sports Jargon of the Day: Pick-and-roll

SPORT: Basketball
DEFINITION: Offensive play where one player screens a defender for the ball-handler, then rolls to the basket for possible shot.
USE: Diante Garrett opened up the lane coming off of that pick-and-roll.
ARITHMETIC: Can contribute directly to points and assists from one player to another.

Upcoming Intramurals

"MLK" 3 on 3 Basketball (Male, Female)
Registration closes Wednesday

Basketball (Male, Female)
Registration closes Thursday

3 Point Shoot (Male, Female)
Registration closes Thursday

Ice Hockey (Male, Female)
Registration closes Thursday

For full intramural registration information, go to
www.recservices.iastate.edu



Swimming

Cyclones train in Phoenix

By Nate.Ryan
@iowastatedaily.com

The ISU swimming team returned from winter break well before the rest of the student body, as the team left Ames for Phoenix, Ariz. on Jan. 1 for winter training and returned Jan. 6.

“Our first three practices were a little more aerobic oriented,” said coach Duane

Sorenson. “By the end of the week we were doing a lot more quality.”

The goal of this training trip is to continue to prepare the women for the Big 12 Championships where they will have to swim and peak for three days in a row. Meredith Doran was just one of many swimmers Sorenson said had an impressive training session in Phoenix.

Doran had a few things in mind of what she wanted to work on going into training.

“Improving my stroke, becoming better aerobically and speed-wise,” Doran said.

Freshman Alex Gustafson was also pointed out by Sorenson.

“I was working to improve my race mentally,” Gustafson said. “Pushing through the pain and hoping that will carry over in the race.”

The Cyclones trained at a top facility down in warm and sunny Phoenix. The facility contained five times more water than Iowa State’s pool in Beyer Hall.

“The pool was big and the water was clear,” Gustafson said. “I thought it was very nice.”

The team did have some time off in Phoenix as well.

“We went shopping and laid out by the pool,” Doran said. “We slept a lot and ate a lot, too.” The team would also come up with creative ways to have fun together.

“We gave the team reality show topics and they had to come up with a five-to-seven minute skit,” Sorenson said. “We had a good time and a good laugh; it was a lot of fun.”

Skits like “18 and a freshman” and “The Housewives of Scottsdale, Ariz.” were good ways to shake things up during the winter break.

“It was just a great time for bonding and getting to know each other,” Gustafson said.

Gymnastics



Iowa State’s Michelle Browning performs a floor routine on Feb. 26, 2010. While the Cyclones were eliminated from NCAA tournament competition, Browning qualified for individual competition by being the top all-around performer for Iowa State. File photo: Zhenru Zhang/Iowa State Daily

No. 23 team drops spot, gains dose of confidence

By Chris.Cuellar
@iowastatedaily.com

After beating visiting Auburn with a 193.475, Iowa State’s highest season-opening score since 2007, the Cyclones dropped a spot in the national rankings.

With No. 11 Nebraska coming to town Friday, it couldn’t matter less.

Gymnastics coach Jay Ronayne was in great spirits at Monday’s news conference, and feeling confident about the progression of his squad.

“The big story is the tale of two Michelles,” Ronayne said with a grin on his face.

Browning and Shealy, to be clear.

The two Michelles are Iowa State’s top all-around gymnasts, and helped carry Iowa State to a win.

The Cyclones overcame a slow start against Auburn to come back and grab the victory, but the Tigers’ missteps won’t likely be replicated by the Cornhuskers.

“Against quality opponents, you usually don’t get the chance to come back from that,” Ronayne said. “Auburn left the door open to do that. I don’t anticipate Nebraska being as generous. I think we have to start off way stronger on vault.”

In home meets, teams start with the vault and finish with the floor exercise. Carried by strong closing scores from junior Michelle Browning and freshman Michelle Shealy, the Cyclones pulled out an all-around individual win and a meet victory.

The floor exercise hurt Auburn in the end, and while Nebraska still finished with a higher overall score than Iowa State in its defeat, the Cyclones feel the squared mat is their place to succeed.

“For years I’ve always thought that floor is what saves the day,” Ronayne said. “You have to have the confidence going into that event, that even if we’re down but a couple tenths of a point that we’re going to make it up right here. That’s the feeling we had.”

Browning, a Houston native who has returned early from an injury that was supposed to have her rehabilitating through March is expected to carry this young squad. She finished with the tenth highest score in the country in the all-around against Auburn, and is one of just six ISU gymnasts in the second half of her college career.

“She’s a special athlete and special person,” Ronayne said. “[Michelle] is a very, very determined young lady.”

Shealy, who tied for the nation’s sixth highest balance beam score against Auburn, is already making noise in her Cyclone debut. Her coach isn’t the slightest bit surprised.

“She’s a superstar in the making — she started the season as probably one of the top 20 gymnasts in the country and she’s going to be in the top 10,” Ronayne said. “Her talent is very apparent.”

Iowa State will meet with Nebraska at 7 p.m. on Friday and it will be the 111th meeting in series history.

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Divisions
Men: A, B/C, D
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Play Begins
Thursday, January 23

Game Times
Mon.-Thurs. 6:00 pm-midnight
Sunday 3:00 pm-midnight



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Mon-Thurs 9:45 pm-1:50 am
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Entry fee due by 5 PM, Jan. 13: \$65 per team
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Forward Jamie Vanderbeken attempts to take the ball from Dubuque during the Cyclones’ game against Dubuque in Hilton Coliseum on Nov. 5. File photo: Manfred Brugger/Iowa State Daily

>>HILTON.p6

national championship.”

Selby has started four of the six games he has been available for, and hasn’t disappointed. Putting up 13.3 points per game in Kansas’ balanced and deep offense, and knocking down 15 three-pointers already, Selby even knocked down a game-winning three in his first collegiate start.

“He’s strong and he’s got a Big 12 body as a freshman,” Hoiberg said. “He’s a big-time player and we’ll have our hands full.”

Garrett is the one player who can put his teammates at ease about this game. Playing against the Jayhawks for the seventh time in his career, another game under the lights and national television can take the game to a new level. As long as he can escape his own past against Kansas (see p.6).

“I just gotta do whatever I gotta do to help my team,” Garrett said.

The Morris twins put up 29 points and 15 rebounds per game when put together, and have a plethora of guards to dish out to when things get packed in the middle.

“I have to play my game, and keep being aggressive and defend the twins,” Vanderbeken said. “I have to stay aggressive on the defensive end and just try my hardest.”

The Jayhawks were taken to overtime by the Big Ten’s Michigan over the weekend, as the Wolverines effectively used a 1-3-1 zone defense to trouble coach Bill Self’s offense. With a limited bench and efficiency at a premium, Hoiberg says he’ll take any defensive steps necessary to keep things tight with Kansas.

“If they go out there and make those shots that they didn’t make the other day, it’ll be tough to stay in a zone against a team like that, they’re capable shooters,” Hoiberg said. “It’ll be a feel thing for us. As thin as we are, you have to steal some possessions with the zone.”

Whatever method the Cyclones use to defend the Jayhawks, they’ll have to bring their best effort to slow down their blistering 84.3 points per game pace. Kansas is still undefeated for a reason.

“We were all wanting them not to lose to Michigan so they could come in here undefeated, and we could knock them off,” Vanderbeken said with a smile.

Defending the Jayhawks

The Cyclones have a scoring balance they haven’t had in almost five years, with all five starters averaging double-digits in scoring. However, with such a limited bench the scoring average drops from double-digits to Calvin Godfrey’s 3.9 points on the statistic list. Kansas doesn’t have to deal with any such problems.

“They’re always deep and they always have a lot of numbers to throw at you,” said ISU forward Jamie Vanderbeken. “We don’t have a lot but we do work hard and that’s all you can ask for.” The Jayhawks have 10 players averaging above Iowa State’s sixth highest scorer, and the twin brothers Marcus and Markieff Morris sandwich Josh Selby as the three scorers hitting at least 10.

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Divisions
Men & Women

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Letter

Sudan coverage not entirely correct

I applaud your coverage of the Sudan in the expanded issue of December 13, 2010, in an article written by Katherine Marcheski, especially as it is happening at a critical time when new developments may soon alter the status of the country. I also applaud Maurice Aduto, the ISU student from South Sudan who was featured in that article, for sharing his unique life experience and for expressing lofty aspirations for himself and his homeland. However, the article had some factual errors. As a member of the ISU community who originally hails from the Horn region of Africa, I felt obligated to write this letter to correct those errors so that your readers are not misinformed.

Towards the beginning, the article states, "Sudan can't provide anything more than an eighth-grade education." That is not true.

Sudan has had a system of primary, secondary and tertiary education going back to its colonial period under the British rule. The University of Khartoum, located in the capital city, is one of the oldest institutions of higher learning in the continent, tracing its origin to as far back as 1902 when it opened as the Gordon Memorial College. The college was upgraded in 1951 to become Khartoum University College affiliated with the University of London. It became a full-fledged university, as the University of Khartoum, in 1956 when Sudan gained its independence from Great Britain. The quoted statement was perhaps meant to refer to the specific locality in South Sudan

Gebre H. Tesfagiorgis is the Director of Institutional Research, Iowa State University

where Maurice Aduto was born.

The conflict in the Sudan is described in the article as one between "Arab Muslim North and Black Christian South." Such a dichotomy, though convenient, grossly oversimplifies the complexity of the North-South conflict in the Sudan. First, the Sudanese in the north are considered an integral part of "Black Africa" and not the Arab world, as is true of the other peoples in Horn region of Africa - the Eritreans, Ethiopians and Somalis. The fact that they are predominantly Muslims doesn't necessarily make them Arabs. Second, the "Christian" designation of the South is a bit misleading. It ignores the fact that a sizable portion of the population also adheres to African traditional faiths. However, as will become clearer in the next paragraph, this is not to deny the fact that religion has been a factor in the conflict. In a quotation attributed to Professor Richard Mansback, the article characterizes the conflict between North and South Sudan as, "Let's be clear here, this is not a war between good and bad. This is a battle between bad and worse." This is a bit puzzling. Who is the "bad" and who is the "worse" in the conflict? It would perhaps be helpful to describe the situation without assigning any labels and let readers make their own conclusion. On the one hand, there is the North-dominated central govern-

ment of the Sudan currently headed by President Omar Hassan al-Bashir. His ruling party, the National Congress Party (NCP), like other North-dominated political parties before it, has been described as Islamic-oriented. When al-Bashir seized power through a military coup in June 1989, he began to impose Islamic (Sharia) laws throughout the country regardless of the religion of the residents. On the other hand, there is the people South Sudan, who, as noted above adhere to Christianity and African traditional faiths.

They have been not only resisting the imposition of Islamic laws but also rebelling against the North-dominated central government which they felt treated them as second rate citizens. The rebellion in the South assumed a wide-spread armed resistance led by the Sudan People's Liberation Movement (SPLM), and its armed wing, SPLA. (Incidentally, the SPLM was led by John Garang, who earned his master's and Ph.D. degrees from Iowa State University in agricultural economics and economics, respectively, until his untimely death in a plane crash in July 2005.) The armed conflict went on for decades causing hardship and devastation in the South, forcing many southern Sudanese to migrate to neighboring countries, as was



Courtesy photo: Thinkstock

described by Maurice.

The armed conflict came to an end with the signing of a Comprehensive Peace Agreement (CPA) in 2005 by the two parties through the mediation of the government of the United States. In short, the North-South conflict in the Sudan has been between the North-dominated, Islamic-oriented central government continually imposing its belief and exerting its political domination, and the people in the South resisting the imposition and generally struggling to assert their right to self-determination under the leadership of the SPLM.

Towards the middle, the article states, "Omar Al-Beshir, president of South Sudan ..." That is misleading. As mentioned above, Mr. Omar al-Beshir is president of the whole country of Sudan, not the South. And as the article correctly points out, he has been

charged for war crimes committed in Darfur, another region of conflict in the Sudan. In fact, the International Criminal Court in the Hague has issued an arrest warrant for him, first in March 2009 and again in July 2010, for "war crimes and crimes against humanity" and genocide. Despite the arrest warrant, al-Bashir remains president of the Sudan. The president of South Sudan is actually Mr. Salva Kiir, who succeeded Dr. John Garang following his sudden death in 2005. Mr. Kiir also heads the SPLM and holds the title of Vice President of the whole Sudan. All that may soon change however. In accordance with the 2005 Comprehensive Peace Agreement, mentioned above, the people of South Sudan are entitled to hold a referendum, now scheduled to start on January 9, 2011, to choose between becoming independent or remaining part of a unified Sudan. All indications are that the people of the South will opt for independence. Thus, a new African country may emerge, heralding a new beginning and providing new opportunities for Maurice Aduto and his compatriots.

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New Year’s resolution: Eat green, buy green

By **Lindsay MacNab**
AmesEats Flavors Writer

With the start of a new year, now is the perfect time to be thinking about a resolution that involves being both health and environmentally conscious. Why not decide to “go green” by eating organic/locally-grown foods or becoming a vegetarian? Here are some great ways you can save the planet as well as improve your overall health:

Buy organic/locally-grown food:

The term “organic” refers to any product that is grown without the use of pesticides, artificial fertilizers or genetically modified organisms. By eating organic foods, not only is your body able to benefit from acquiring vitamins and minerals through the consumption of nutrient-rich food, but toxins that can harm one’s body are almost entirely absent. Environmentally, organic farming reduces pollutants in our water, conserves energy and reduces soil erosion. Similarly, buying locally-grown foods promotes eating seasonally and the use of less energy, therefore, reducing global warming.

Grow a garden/create a compost:

Not only is it convenient, but growing your own garden provides fresh fruits and vegetables that are abundant, tasty and have little to no chemical fertilizers. No more worrying about what happens to your food during the growing, transporting and packaging stages.

Also, composting is an environmentally-friendly way to reduce landfill waste, regenerate poor soil and reduce pollutants/contamination. Remember to save those grass clippings, yard waste materials and kitchen scraps.

Try becoming a vegetarian/vegan:

A healthy lifestyle change, vegetarians and vegans tend to weigh less, have less of a risk for disease, may live longer and help support a better environment. Since both types of people do not eat meat, poultry or seafood, exposure to toxic chemicals (carcinogens, heavy metals, etc.) is reduced and steroids/hormones have less of a chance for entering the body. Gases emitted from farm animals and exhaust from



Photo: Thinkstock.com

farming equipment contributes to the Greenhouse effect, so, by eliminating animal products from your diet, both waste and air pollution are reduced.

Buy fair trade products:

By purchasing food that is certified “fair trade”, producers in develop-

ing countries are able to promote sustainability, provide higher wages to farmers and secure fair trading rights/conditions. Items such as certain coffees, teas, cocoa and chocolates are known to be common fair trade products. Next time you go grocery shopping or make a coffee run, make sure to check out the fair trade goods.

Extreme dieting: How to spot a dangerous diet



Photo: Thinkstock.com

By **Kate Adams**
AmesEats Flavors Writer

It is always amazing to see the increase in students at the rec at the beginning of second semester, right after everyone has made their new year’s resolutions. Having a resolution to work out and eat healthier is great. What is not so great is the people that choose extreme diets to lose the weight. Extreme detox diets may help you lose water weight, but it will quickly return. Check out these diets that are just too good to be true:

- The Air Diet: Dieters plate up a meal, use a fork and knife to bring the food to their mouth but don’t actual eat it. The claim is that you will still feel satisfied.
- The Forking Diet: All foods you consume must be prepared and eaten only with a fork. That means no cutting, dicing, spreading, or scooping.
- The Five Bite Diet: Dieters are allowed to eat five bites of any food

- they want three times a day. Talk about portion control.
- The Beer and Ice Cream Diet: The theory here is that it takes the body more calories to burn off cold foods. Who needs nutrients anyway?
 - The Cotton Ball Diet: You can either eat them dry or soak them in gelatin.
 - The Get Sick to Lose Diet: Some extreme dieters have purposely tried to infect themselves so that their body will burn more calories while fighting the illness.
 - The Garlic and Onion Diet: Dieters only eat garlic and onions, the upside: you get to eat as much of it as you want, talk about bad breath.
 - The Lemon Detox: The juice of half a lemon, maple syrup, and some cayenne pepper take that times nine glasses a day, yum.

These are just some of the crazy diets people have tried. If a diet sounds too good to be true, more than likely it is. Here are six signs that your diet is dangerous:

1. It claims superfast results
2. It OD’s on vitamins
3. It has fewer than 1,200 calories per day
4. It claims to speed up your metabolism
5. It promises to clear out toxins
6. It serves the same thing daily

Information gathered from: Self Magazine and Probioticsmart.com



Photo: Thinkstock.com

How to go gluten free for life

By **Devon O’Brien**
AmesEats Flavors Writer

As the occurrences of Celiac Disease and gluten intolerance are on the rise, so is the amount of gluten-free products on the shelves of grocery stores. Being diagnosed with Celiac Disease or gluten intolerance means that your body can’t digest gluten in the small intestine and can cause a number of unpleasant symptoms including abdomen issues such as gas, bloating, discomfort, diarrhea. It can also cause fatigue, weight loss, skin rashes, infertility and lead to a number of other conditions. There is no cure for either of the conditions and the only treatment is to avoid gluten altogether. But, what is gluten?

Gluten is a protein found in wheat, barley and rye. This is why eating gluten free can be difficult as it shows up in bread, pasta, most baked goods and even in things you would never expect. Wheat is often used as a thickener or filler so it can be found in soups, dressings and sauces—even in soy sauce. Many people often have to be careful about where the product came from, even if you think it is gluten-free it may have come from a factory that also produces products that contain gluten and could cause cross contact with the gluten-free product.

Starting a gluten-free diet can be difficult especially when eating out, but there are a lot of positives to keep in mind:

- More restaurants are starting to serve gluten free menus for easy ordering, but if they don’t have a menu you can always ask for allergy information. Just remember if you are ordering a plain meat get a side of potatoes and you should be in the clear, but always inform your waiter of your food al-

- lergy to avoid any cross contact.
- Some restaurants offer gluten-free foods upon special request. Here in Ames, Black Market Pizza has a gluten free crust. If you are going to Des Moines, Olive Garden offers gluten-free pasta and Biaggi’s offers gluten-free pasta and pizza. Make sure you call ahead of time and inform them you will be ordering off of the gluten free menu for the best results.
 - Chocolate is naturally gluten-free, so if you are missing some of your favorite desserts, at least you can always grab a square of chocolate.
 - With the instance of gluten intolerance and Celiac on the rise, gluten-free products are improving. You can find a great selection of bread, pasta, pizza, muffins, cookies, baking mixes and even frozen chicken fingers at Hy-Vee, Wheet’sfield and Walmart.
 - Iowa State offers a one credit, gluten-free-cooking class (FSHN 493x), that is once a week for half a semester that will help you learn the tricks to working with gluten free products and coming up with the best results.

- And of course the most important positive to focus on: your health. If you have Celiac Disease or gluten intolerance eating a gluten free diet will make you feel much better. For most this means you will no longer be getting sick, you will have more energy and you will stop losing weight. But be careful, because you might not want to gain too much back.



To find out more, visit
our website:
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